

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters
703-792-5081

NOVEMBER 2021

Thanksgiving Day Celebration
Thursday November 18, 10:30 p.m.
Joe Swetnam



Let's celebrate and be thankful at our Annual Thanksgiving Day Celebration. We will begin with wonderful piano music by Joe Swetnam followed by a traditional Thanksgiving lunch at noon. The meal is sponsored by the Kiwanis of Dale City. Seating is limited and a table number will be assigned - on first come basis. Reservations are necessary and will be accepted until Tuesday, November 16th or until all seats are filled. Stop by the reception desk or call 703-792-5081 to sign up. No salads will be offered, and all other activities will be cancelled for this day.

Prince William Senior Center WOODBIDGE



Holiday Food Drive
November 3-12

In these days of struggle, it is still important to be grateful for what we have and share what we can. Please consider donating to our holiday food drive for those in need. Donations boxes will be at front desk.



Western Hoedown Fashion Show
Friday, November 12, 12:30 p.m.
Put your Cowboy boots and top hat on and get your 2 step ready. Help us cap off the Food Drive and celebrate fall with a Hoedown, recorded music and Prizes.



Holiday Decorating Party
November 23, 10:00 a.m.
December is right around the corner if you would like to help decorate, please show up ready to work. We will serve cookies made by our very own Chief Chris and hot chocolate.



SENIOR CENTER CLOSURE
Tuesday, Nov 11
In honor of our Veterans'

Wednesday, Nov 24
Staff In-Service Day

Thursday and Friday Nov 25 and 26
for the Thanksgiving Holiday

Upcoming Events

Jeopardy with Cory
Wednesday, November 3, 12:30 p.m.
Friday November 12, 10:30 a.m.

Medicare 101
Wednesday, November 3, 10:30 a.m.
Come learn the ins and outs of your Medicare

Veterans' Recognition Day
Thursday, November 4, 10:30 a.m.
Join us in showing our thanks to those that served.

Crafting with Kim
Friday, November 5, 10:30 a.m.
Come and create some fall décor with corks.
Class will be limited to 10

Legal Services
Tuesday, November 9, 10:30 a.m.
Learn about housing and rental assistance available in Prince William County during the pandemic.

Musician of the Month "Queen"
Wednesday, November 23, 12:30 p.m.
"The Show Must Go On" and "We Will Rock You" with the sounds of British Rock Group Queen.

There's a Day for That!

Join us as we celebrate certain days to honor our favorite foods that may enrich our lives. Enjoy selections prepared by Chef Chris. This month we are highlighting:
November 3rd, National Sandwich Day.
November 8th, Cook Something Bold Day
November 9th, National Fried Chicken Sandwich Day

Glass Etching
Wednesday, November 17, 9:30 a.m.
Make some out and make some beautiful designs on glass.
Seating limited to 10 and will cost \$5.00

Mickey Mouse Birthday Party
November 17, 12:30 pm
"Come along and sing a song and join the family" as we celebrate Mickeys' birthday.

Library Holiday Crafts
November 19, 10:30 am
Join our PWC Library staff and create Holiday crafts.

Annual Dues reminder-
Effective January 2022, annual memberships will be due again for all senior center members (\$25 for county residents and \$35 for non-county residents, 55 years+). We will take payments beginning December to AVOID THE CROWDS! A current membership form is required, and payments can be made in the form of a check to "PWC" or exact change.

Prince William Senior Center -Woodbridge
Prince William Area Agency on Aging

13850 Church Hill Drive, Woodbridge, Virginia, 22191
Monday through Friday from 9:00 a.m. to 4:30 p.m.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art	TH	2:00 pm	Free
Bible Study	TH	10:00 am	Free
Ceramics (Mask Required)	W, TH	10:30	Cost
Conversation Spanish	T, TH	11:00 am	Free
Digital Devices	T	2:00 pm	Free
Gospel Singing	T	10:00 am	Free
Woodcarving	M, W	9:00(M), 2:00(W) (except 2nd Wed)	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise (Video)	Daily	9:00am-4:30pm	Free
Exercise/Lifetime (Video)	M,T,W,TH F	9:15 am	Free
Line Dancing Groups	T, TH	1:00 pm	Free
Tai Chi (video)	W	9:00 am	Free
Yoga (video)	M, F	10:00 am	Free

FUN ACTIVITIES

Angel and the Band	F(MOST)	10:30 am	Free
Bid Whist	T, TH	11:00 am	Free
Billiards	Daily	9:00am- 4:30pm	Free
Bingo	M,W	10:30am	\$1.00
Birthday Celebration	LAST F	12:30 pm	Free
Canasta	M	1:00 pm	Free
Dominos	M	12:30 pm	Free
Euchre	M	10:00 am	Free
Scarlett Sophisticates	2nd & 4th F	1:00 pm	Free
Scrabble	W	1:00 pm	Free
Shanghai	T	10:00 am	Free
Rummikub/Skip-bo	T, TH	3:00 pm	Free
Table Tennis	Daily	9:00am-4:30pm	Free

HEALTH & WELLNESS

GRIEF SUPPORT GROUPS

Capital Caring of Northern Virginia is offering virtual support group sessions. If you have lost a loved one within the last two years or are experiencing general grief, please contact Capital Caring at 1-844-447-4383 and tell them that you would like to sign up for a virtual grief support session.

LOOKING FOR A FUN, NEW WAY

TO BE MORE ACTIVE?



Every Tuesday and Thursday at 2:00 p.m. for 10 weeks, October 26 through January 4. Play online!

BINGOCIZE® is a FREE 10-week virtual health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

To register: Call Cory Cox, Health & Wellness Coordinator: 703-899-7329 or email at Ccox@pwcgov.org.

SENIOR CENTER STAFF

Agency Director
Deputy Director
Division Manager
Site Manager
Adm. Coordinator
Driver/Trans Org.
Wellness & Fit. Coord.
Nutritionist
Lead Cook
Cook

Sarah Henry
Josh Lee
Ed Harrison
Kathy Ambrose
Angelina D. Reynolds
Kim Reynolds
Cory Cox
Vacant
Chris Bohn
Wendy Arca-Moore

For more information about our programs and services, call 703-792-6374, or email pwaaa@pwcgov.org For TTY please dial 7-1-1 for the Virginia Relay system.
 Para asistencia en Espanol acerca de los personas mayores llame al 703-792-5962.

FRIENDS

OFFICERS

President-Alleen Bagley
Vice President-Ronnie Carter
Secretary- Theresa Cannady
Treasurer- Lana Tobey

DIRECTORS

Astrid Blakemore
Janet Happoldt
Mohammad Hoque
Marie Kelminsky
Julia Spinetti
Vernetha Starling
Meridel Turch

Congratulations to September volunteer of the month Mike Levine. Thank you to all the volunteers for giving your time to help make the Senior Center run smoothly.

The next Friends board meeting will be December 10, 1p.m. All are welcome to attend.

FRIENDS will send a card in the case of an illness, hospitalization and also upon notification of the passing of an immediate family member. **Please see Elaine Bedard**

ANGEL ORNAMENTS FOR SALE

Angel ornaments, to remember loved ones, will be on sale this month for our Memory Tree. Price is \$2.00 each. Please see front desk to order your Remembrance Angel.

Toys for Tots

Beginning Dec 1 thru the 10th we will be collecting new unwrapped toys for local children. Please drop your donations off at the front desk so we can help make some kids smile this holiday season.

INFORMATION

SENIOR SERVICES

Information about aging, disabilities, caregiving and available services.

Assistance with connecting to services.
(703) 792-6374

Medicare Counseling: Help with understanding Medicare.
(703) 792-4156

Volunteering: We will provide a variety of volunteer opportunities. Contact us for more information. **(703) 792-4583**

Legal Services: By appointment only.
(703) 778-6800

Bluebird Tour Program: Day and overnight tour schedules. **(703) 339-0333**

pwcgov.org/bluebird

Meals on Wheels: Weekday meals delivered to adults 60+ who are homebound and unable to cook for themselves.
(703) 792-6374

Senior Link: Provides daily reassurance calls to those who need reminders or wellness checks.
(703) 368-4141

Transportation: To and From Senior Center
(703) 792-5682

Veterans Services: Call for an appointment
(703) 359-1210

Caregiver Support Group: 2nd and 4th Tuesdays 7:00pm at the Woodbridge Senior Center
(703) 501-0749

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the lunchroom which has a suggested donation chart based on monthly income. For guests under 60, the cost is \$5.75, which must be paid to staff.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Woodcarving 9:15 Lifetime Fitness-Video 10:00 Euchre and Bunco 10:00 Yoga 10:30 BINGO 12:30 Dominos 1:00 Canasta Oriental Pepper Steak	2 9:15 Exercise Class-Video 10:00 Shanghai 10:00 Gospel Singing 11:00 Bid Whist / Spanish 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Lemon Herb Tilapia	3 9:00 Tai Chi-Video 9:15 Lifetime Fitness-Video 10:30 Ceramics (Mask Required) 10:30 Computer Skills 10:30 Medicare 101 12:30 JEOPARDY 1:00 Scrabble 1:00 French 2:00 Woodcarving National Sandwich Day BLT	4 9:15 Exercise Class –Video 10:00 Bible Study 10:30 Veterans Recognition Day 10:30 Ceramics (Mask Required) 11:00 Conversation Spanish 11:00 Bid Whist 12:30 SUDOKU 1:00 Line Dancing 2:00 Art 3:00 Rummikub/Skip-bo Swedish Meatballs	5 9:15 Lifetime Fitness-Video 10:00 Yoga - Video 10:30 Crafting with Kim 10:30 Angel and the Band 12:30 Sudoku 1:00 Scarlett Sophisticates White Chicken Chili
8 9:00 Woodcarving 9:15 Lifetime Fitness-Video 10:00 Euchre and Bunco 10:00 Yoga-Video 10:30 BINGO 12:30 Dominos 1:00 Canasta Cook Something Bold Day	9 9:15 Exercise Class-Video 10:00 Shanghai 10:00 Gospel Singing 10:30 Legal Services 11:00 Bid Whist / Spanish 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo National Fried Chicken Sandwich Day	10 9:00 Tai Chi-Video 9:15 Lifetime Fitness-Video 10:30 Ceramics (Mask Required) 10:30 BINGO 1:00 FRIENDS MEETING 1:00 Scrabble Sirloin Beef Tips	11 Center Closed 	12 9:15 Lifetime Fitness –Video 10:00 Yoga - Video 10:30 Jeopardy 12:30 Western Hoedown Hamburgers
15 9:00 Woodcarving 9:15 Lifetime Fitness-Video 10:00 Euchre and Bunco 10:00 Yoga - Video 10:30 BINGO 12:30 Dominos 1:00 Canasta Beef Stew	16 9:15 Exercise Class-Video 10:00 Shanghai 10:00 Gospel Singing 11:00 Bid Whist / Spanish 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Baked Cod	17 9:00 Tai Chi-Video 9:15 Lifetime Fitness-Video 9:30 Glass Etching 10:30 Ceramics (Mask Required) 10:30 BINGO 12:30 Mickey Mouse Birthday 1:00 Scrabble 2:00 Woodcarving Egg Salad Sandwich	18 10:30 Thanksgiving Celebration Music by Joe Sweatnam Sponsored by Kiwanis <i>No Salads today-</i> <i>All activities cancelled for today</i> Roasted Turkey	19 9:15 Lifetime Fitness-Video 10:00 Yoga -Video 10:30 Library Holiday Crafts 10:30 Angel and The Band 1:00 Scarlett Sophisticates Hot Dogs
22 9:00 Woodcarving 9:15 Lifetime Fitness-Video 10:00 Euchre and Bunco 10:00 Yoga—Video 10:30 BINGO 12:30 Dominos 1:00 Canasta Mac-n-Cheese w/ Smoked Sausages	23 9:15 Exercise Class-Video 10:00 Shanghai 10:00 Gospel Singing 10:00 Decoration Party 11:00 Bid Whist / Spanish 12:30 Musician of the Month 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Chicken Noodle Soup	24 CLOSED IN-SERVICE DAY	25 Center Closed 	26 Center Closed
29 9:00 Woodcarving 9:15 Lifetime Fitness-Video 10:00 Euchre and Bunco 10:00 Yoga—Video 10:30 BINGO 12:30 Dominos 1:00 Canasta Stuffed Bell Peppers	30 9:15 Exercise Class-Video 10:00 Shanghai 10:00 Gospel Singing 11:00 Bid Whist / Spanish 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Open Face Roast Beef Sandwich	 <p>Volunteers to teach classes, work the front desk and deliver MOW's. If you are interested, please see a staff member in the office.</p>	 <p>* Menu and actives are subject to change*</p>	Mission Statement: To provide services, education and socialization to persons 55+ in the community in order to foster independence and quality of life